

LA TRICOTERIE SUSTAINABLE CATERING





home made !
**ENVIRONMENTAL
VALUE**

At La Tricoterie, we have decided to offer an **in-house catering service** to stay true to our eco-responsible philosophy. It seems essential for us to integrate this societal responsibility as an event organizer. We also strive to aim for **zero waste and limit food waste.**

impact
**HEALTH AND
SUSTAINABILITY**

For your audience, staff or clients, it is now important to offer healthy, gourmet meals that align with a sustainable approach: **local and quality products, fair-trade and thoughtfully sourced, prepared with passion and craftsmanship.**

CONVIVIALITY
link factory

Our team will ensure a service that combines **conviviality and efficiency** for your walking dinners, gala dinners, or corporate lunches. We are committed to exporting the spirit of the "**Link Factory**" within your event.

Here you will find menu proposals, to be adapted according to your desires and seasonal products. All our prices are excluding VAT. Meat and fish versions may include a supplement, reflecting our commitment to sourcing from quality circuits.

BREAKFAST & coffee break

COFFEE BREAK — €7

- Assortment of artisanal biscuits
- Baskets of seasonal fruits
- Fair-trade coffee
- Teas
- Still and sparkling water
- Assortment of juices

Quality Nao chocolate tasting (+€1)

BREAKFAST — 10€

- Assortment of pastries
- Baskets of seasonal fruits
- Fair-trade coffee
- Teas
- Still and sparkling water
- Assortment of juices

Quality Nao chocolate tasting (+€1)

VITALITY BREAKFAST — 13€

- Assortment of pastries
- Yogurt, homemade granola, seasonal fruits, and roasted dried fruits
- Baskets of seasonal fruits
- Fair-trade coffee
- Teas
- Still and sparkling water
- Assortment of juices

Quality Nao chocolate tasting (+€1)



APPETIZERS



SIMPLE APPETIZERS

- Crisps (truffle, salt, smoked paprika, pepper), olives – €4.5
- Option: seasonal vegetables & homemade sauce – + €3

EDIBLE SPOONS — €3

- Shrimp tartare with lemon, ginger, and wasabi (+€1)
- Artichoke caviar with tartufata (vegan)
- Chickpea hummus, coriander, and black sesame (vegan)
- Seasonal vegetable spread, pink berries, and feta VG
- Green olive tapenade and mozzarella VG

SKEWERS — 3€

- Thai-style beef meatball skewer (+€1)
- Lemon and chili marinated chicken skewer (+€1)
- Veggie beetroot ball with a small yogurt sauce with fresh herbs and lemon (vegan except for the sauce)

ON PLATTER — 3€

- Mini Moroccan pastilla with chicken and almonds (+€1)
- Chicken and Paris mushroom croquette (+€1)
- Vegetable curry samosas VG
- Crispy pea Suppli with a melting mozzarella heart VG
- Paris mushroom croquette VG
- Mini quiches with seasonal vegetables and feta VG
- Potato tortilla VG
- Crispy galette with seasonal vegetables (vegan)

OUR SHARING BOARDS *15€ /pers.*

THE VEGGIE

- Assortment of 4 Belgian cheeses
- Seasonal bruschettas or falafels
- Chef's frittata
- Vegetables to dip
- Pickled vegetables
- Olives
- Homemade tapenades
- Various seeded breads

THE OMNI +2€

- Assortment of 3 Belgian cheeses
- Assortment of 3 cured meats
- Chef's frittata
- Vegetables to dip
- Pickled vegetables
- Olives
- Homemade tapenades
- Various seeded breads



PITA BAR

Durums and pita breads
Yogurt sauce with fresh herbs and lemon
Homemade spicy sauce
Seasonal salad and mustard vinaigrette
Shredded white cabbage and carrots
Grilled seasonal vegetables
Marinated and grilled beef and/or chicken (+€2)
Corn
Falafels
Olives
Feta

13,5€



15€

PHO BAR

Vegan broth
Ramen noodles
Rice noodles
Sliced beef (+€2)
Marinated shrimp (+€2)
Tamari marinated tofu
Bean sprouts
Roasted seasonal vegetables
Spring onions
Mushrooms
Coriander
Hoisin sauce
Sriracha sauce



**Up to 100 people maximum.*

OUR LUNCH FORMULAS

NOUR VITALITY SALADS — €18

3 different salads of your choice, with an assortment of bread and butter (see next page)

FORMULA GOURMAND — 19€

2 different filled breads
2 vitality salads of your choice
2 sweet touches

SEASONAL VEGETABLE SOUP +€3

BREAD FESTIVAL — 11€

3 pieces per person, 3 breads, and 3 different fillings, of your choice:

THE FARMER +€1

Chicken, crispy onions & fresh herbs

THE FISHERMAN +€1

Trout rillettes, lemon zest, fresh herbs, seasonal roasted vegetables with fennel seeds, and arugula

THE COUNTRYMAN +€1

Whole-grain mustard, meatloaf, pickled vegetables, and salad

THE MEDITERRANEAN VG

Seasonal vegetable spread, mozzarella, grilled vegetables, homemade marinated olives, mesclun, and fresh herbs

THE MEXICAN VEGAN

Seasonal vegetable guacamole, falafels, grilled vegetables, and mesclun

THE ITALIAN VG

Seasonal vegetable spread, mozzarella, homemade marinated olives, mesclun, and fresh herbs





OUR SALADS

vitality - 18€

Our vitality salads are served as a buffet.

LEBAN BOWL VEGAN

Quinoa, chickpeas, fresh herbs, lemon, roasted seasonal vegetables, falafels, roasted almonds, and vegetable caviar

CLEOPATRA +€1 (VEGAN OPTION)

Bulgur, shredded roasted chicken, crunchy seasonal vegetables, lemon vinaigrette

THE ITALIAN VG

Pearl couscous, pesto rosso, mozzarella, grilled vegetables, olives, and arugula

THE MEDITERRANEAN VG

Lentils, lemon, grilled seasonal vegetables, feta, parsley, and roasted seeds

CHEFS' POKE (VEGAN OPTION)

Rice, marinated tofu, crunchy vegetables, bean sprouts, sweet soy sauce, young onions, and fried onions

OR marinated chicken or marinated salmon (+€1)

OUR COLD BUFFETS 21€

- Assortment of spreads, veggie caviars, tapenades, rillettes, and hummus (vegan)
- Vitality salad (choose 2 from the salads listed above)
- Selection of cured meats, pickled vegetables, and whole grain mustard OR individual meatloafs, pickled vegetables, and whole grain mustard OR bacon and Comté cheese quiches
- Cheese platter with dried fruits and Liège syrup OR seasonal vegetable and feta quiches OR individual **vegan** meatloafs, pickled vegetables, and fresh herb yogurt sauce
- Assortment of bread and butter

QUICHE & SALAD BUFFET — 15€

- 2 varieties of quiches (feta & grilled vegetables / bacon & Comté cheese)
- 1 seasonal vegetable frittata (oven-baked omelet)
- 2 varieties of vitality salads (see above)
- Assortment of bread and butter





stewpan HOT BUFFETS 26€

Chef's couscous with 7 vegetables and semolina (vegan)

Chicken and/or Merguez supplement: +€1

Tofu tajine with olives and preserved lemon, served with bulgur (vegan)

Chicken tajine supplement: +€1

Red curry with coconut milk, seasonal vegetables, and rice (vegan)

Shrimp supplement: +€1

Marmitako (Spanish stew) with seasonal vegetables, tomatoes, and Parisian potatoes (vegan)

Salmon supplement: +€1

Chili sin carne with textured soy protein and rice (vegan)

Beef chili con carne: +€1

Cider-braised seasonal vegetables with chestnuts and sautéed potatoes (vegetarian, can be made vegan)

Chicken supplement: +€1

Beetroot balls in Liège sauce, caramelized apple halves, and sautéed potatoes (vegan)

Beef meatballs supplement: +€1

Vegetarian chickpea stew with carrots, coriander, and marinated feta, served with herbed bulgur (vegetarian, can be made vegan)

Beef kefta supplement: +€1

< 100 ppl : 2 choices > 100 ppl : 3 choices
+4€ per additional choice

WALKING DINNER €32

We offer 5 mini dishes per person, including a few sweet touches.

Choose 2 options from the list below, and we will complete the selection with 3 additional dishes based on seasonality and product availability.

Chef's couscous with 7 vegetables and semolina (vegan)

Chicken and/or Merguez supplement: +€1

Tofu tajine with olives and preserved lemon, served with bulgur (vegan)

Chicken tajine supplement: +€1

Red curry with coconut milk, seasonal vegetables, and rice (vegan)

Shrimp supplement: +€1

Marmitako (Spanish stew) with seasonal vegetables, tomatoes, and Parisian potatoes (vegan) – Salmon supplement: +€1

Chili sin carne with textured soy protein and rice (vegan)

Beef chili con carne: +€1

Cider-braised seasonal vegetables with chestnuts and sautéed potatoes (vegetarian, can be made vegan) – Chicken supplement: +€1

Beetroot balls in Liège sauce, caramelized apple halves, and sautéed potatoes (vegan) – Beef meatballs supplement: +€1

Vegetarian chickpea stew with carrots, coriander, and marinated feta, served with herbed bulgur (vegetarian, can be made vegan)

Beef kefta supplement: +€1

Paris mushroom croquette (vegetarian) – Chicken supplement: +€1

Salmon and spinach croquette (+€1)

Crispy Suppli with peas and a melting mozzarella center (vegetarian)

Potato bombas with melted cheese center (vegetarian)

Seasonal vegetable and feta **quiche** (vegetarian)

Bacon and Comté cheese **quiche** (+€1)



OUR ARTISAN PIZZAS

*all-you-can-eat buffet** €19 per person

100% **artisanal** pizzas, prepared on-site by our **pizzaiolo** - Wide selection of toppings, including **vegetarian** and **vegan options** - **Dough matured** for 72 hours - Baked on demand in our **pizza oven**

(For up to 100 people, minimum of 40 guests required. We provide the equivalent of a whole pizza per person.)



MENU

3 course

Because every event is different, we offer a tailor-made 3-course menu. Whether it's for a wedding, a business meeting or a private party our team of chefs will create dishes that will delight your guests.

After a personalised conversation to understand your preferences and dietary restrictions, our chefs will design a menu especially for you, taking into account your needs and the theme of your event.

SAMPLE MENU — 55€

- Homemade ricotta gnocchi flavoured with truffles VG
- Nikkei shrimp ceviche (Peruvian-Japanese fusion)
- Low-temperature lamb mice, roasted sweet potatoes
 - Cod fillet au gratin with Parmesan cheese
 - Crispy lentil pie, indian style
- 3 Belgian cheeses, bread, dried fruit, butter, apple and pear syrup
- Intense chocolate mousse, almond tuile
- Bailey's crème brûlée



LIVE COOKING

our thematic stalls min 100 people

3 stalls : €38 and €6 for every additional stall

Souvláki / Greece (vg option available)

Greek bread with a skewer of grilled chicken marinated in lemon and herbs, tomato confit, kalamata olives, caramelised red onions and mint yoghurt sauce, served with baked potatoes and htipiti (feta and pepper sauce).

Bò bún / Vietnam (vg option available)

Bowl of cold rice vermicelli, sweet and sour sauce with vegetarian nem and marinated beef cooked a la plancha, raw and cooked seasonal vegetables, coriander, mint, mango pickles with sweet chilli and roasted peanuts.

Frittatine di pasta / Italy (vg option available)

Short pasta croquettes with scamorza, red onions, mushrooms and parsley, served with a small cream of pumpkin with mascarpone, truffle oil and pancetta crisps.

Quesadillas / Mexico (vg option available)

Tortilla cooked a la plancha with cheddar, beef tomato, kidney beans, sweet potatoes, grilled peppers and coriander, served with a little jalapenos sour cream and a crunchy salad.



Dibi / Senegal (vg option available)

Lamb with marinated and grilled onions, caramelised plantains, sweet potato fries and a lightly spiced sauce.

Bibimbap / Korea (vg option available)

Bowl of rice with shiitake mushrooms, marinated seasonal vegetables, caramelised pork, kimchi, soy, roasted sesame seeds, honey and rice vinegar sauce and grilled egg.

Naan / India (vg option available)

Naan with tandoori chicken grilled a la plancha, ginger pumpkin and spinach, red onion raita, crisp salad accompanied by a lentil dahl with lime and coconut.

Po'boy / New Orleans (vg option available)

Crispy bread with shrimps marinated in Cajun spices and cooked a la plancha, bacon, horseradish mayonnaise, cucumber pickles, fried onions and baby greens, served with a warm salad of okra, carrots and tomatoes.

German burger / USA

Bun with beef burger, raclette cheese, smoked ham chips, cucumber pickles, pan-fried onions in red wine, arugula and homemade herb sauce, served with thyme-roasted potatoes.

OUR DESSERTS *& midnight snacks*

DESSERTS — 9€

- Chocolate brownie with dried fruits
- Vegan & gluten-free chocolate brownie
- Pecan blondie
- Lemon meringue tartlet
- Thin apple tart
- White chocolate & praline tartlet
- Seasonal fruit salad with mint and ginger syrup
- Crêpe buffet with jams, chocolate spreads, speculoos, sugar, sprinkles, and honey

SWEET TREATS (2 choices) — €5.50

- Walnut tart
- Brownie
- Crème brûlée tart
- Seasonal crumble
- Jam squares

FRUIT BASKET — €3

MIDNIGHT SNACKS

- Tomato & basil meatballs with ciabatta — €8
- Onion soup with Gruyère and croutons — €6
- Grilled chicken drumsticks with BBQ sauce and coleslaw — €8
- Homemade potato wedges with two artisan sauces — €6



DRINKS

TO ACCOMPANY EVERY MOMENT CHOOSE FROM OUR OPEN BAR FORMULAS OR OUR SELECTION OF LOCAL OR FAIRTRADE DRINKS



| | FORMULA 1 | FORMULA 2 | FORMULA 3 | FORMULA 4 | FORMULA 5 |
|--------------------|---|---|---|---|---|
| JUICES | Pajottenlander bio | Pajottenlander bio | Pajottenlander bio | Pajottenlander bio | Pajottenlander bio |
| WATER | Still and sparkling water | Still and sparkling water | Still and sparkling water | Still and sparkling water | Still and sparkling water |
| SODA | Fritz Kola and assorted organic lemonades (Ginger, Lemon, Elderberry), Isis | Fritz Kola and assorted organic lemonades (Ginger, Lemon, Elderberry), Isis | Fritz Kola and assorted organic lemonades (Ginger, Lemon, Elderberry), Isis | Fritz Kola and assorted organic lemonades (Ginger, Lemon, Elderberry), Isis | Fritz Kola and assorted organic lemonades (Ginger, Lemon, Elderberry), Isis |
| LOCAL BEERS | x | Silly · Kriek · Grisette blanche · Trottinette | Silly · Kriek · Grisette blanche · Trottinette | Silly · Kriek · Grisette blanche · Trottinette | Silly · Kriek · Grisette blanche · Trottinette · Delta IPA |
| RED WINE | x | Nero d'Avola | Veneto Rosso IGT | Veneto Rosso IGT | Veneto Rosso IGT |
| WHITE WINE | x | Pablo Claro | Margalh | Margalh | Margalh |
| CAVA | x | x | x | Cava LaSiDo | Cava LaSiDo + Pizzolato rosé |
| PRICES | 6€/h 10€/2h 13€/3h + 2€/h | 8€/h 13€/2h 17€/3h + 3€/h | 9€/h 14€/2h 18€/3h + 3€/h | 11€/h 16€/2h 20€/3h + 3€/h | 14€/h 18€/2h 22€/3h + 3€/h |



Add champagne and/or pre-ordered cocktails to the package of your choice !

OUR WINES

Santa Tresa - Purato (Nero d'Avola)

Lovely bouquet of **red berries**, plums, fresh figs and aromatic herbs. Well-balanced and suave on the palate with abundant fruit, this cuvée reveals a fine texture with **velvety**, supple tannins.

Veneto Rosso IGT - Wild Nature (Corvina & Raboso)

Dominated by the Corvina grape variety, the wine distils a **fresh, lively juice** with notes of red berries, toast and **sweet spices**. A very flattering register, the structure is just right, with crisp fruit. A savoury, greedy, silky wine.

Pablo Claro - Dominio de Punctum (Chardonnay)

A lovely bouquet of peach, apricot and exotic fruit, with a hint of citrus and white flowers. **A fresh, fruity Chardonnay** with a fine, pure texture, very pleasant and accessible.

Margalh - Domaine Bassac (Chardonnay)

Fresh, aromatic bouquet of citrus fruit, apricot, peach and **floral notes**. Limpid, fruity and pure on the palate, with a lovely freshness.

& OUR CAVAS

Cava Lasido Brut Bio

An elegant cava with great depth on the nose and palate. **Freshness, liveliness, purity** and richness come together in this beautifully balanced cuvée. A bubble of superior quality!

Rosé Spumante Extra Dry - Pizzolato

Pizzolato Rosé captivates with its juicy, fruity flavour. Despite its opulence, this Italian wine captivates with its delicate balance. On the palate, the texture of this light sparkling wine is **wonderfully crisp**.



also: **CUSTOM EVENTS, COCKTAILS & ENTERTAINMENT**

We also offer tailor-made solutions for your event:

- Cocktail bar
- Live cooking
- BBQ
- Indoor & outdoor entertainment

Feel free to contact us - we'll be happy to help you with all your projects!



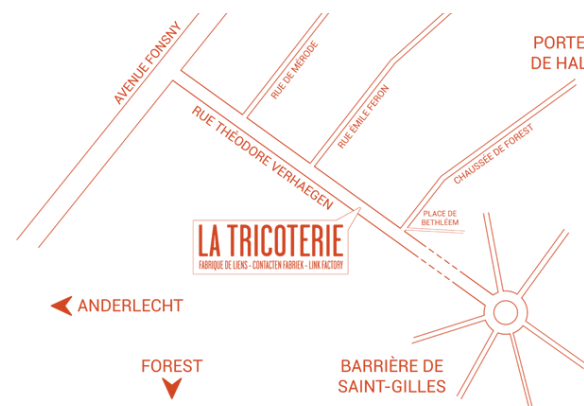


By choosing La Tricoterie for your event, you are supporting a community-driven initiative.

We are a **cultural and sustainable event space**, hosting concerts, exhibitions, and social projects.

Our **eco-friendly philosophy** includes seasonal, fair-trade, and artisanal cuisine, as well as waste reduction, energy efficiency, and food donation programs in collaboration with Îlot ASBL, an organization fighting homelessness.

Your order helps finance our cultural and social initiatives. Thank you!



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